

What Further help is available?



Help is available from
your practice nurse or
health visitor, who is
based at your GP
Practice

Produced by;



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Pictures from Changes picture bank

What is Stress?

Stress is the word that people use
when they are talking about how
their life seems to be too much for
them to cope with



These are some of the things you may suffer from if you are stressed



Headaches
Muscle tension or pain
Stomach problems
Sweating
Feeling dizzy
Bowel or bladder Problems
Breathlessness
Dry Mouth
Tingling in body
Sexual problems



Own up to yourself that you are feeling stressed—half the battle is admitting it!



If you do work are you finding it hard to cope with?
Could you get some help from people you work with?
Have you talked about any problems you have at work?

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Try to exercise . Walking is good, swimming and dancing



Say no if you cannot do something for people and do not feel guilty



Think about the present. Do not think about the past or future worries

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Things you may feel if you are stressed



Feeling irritable

Feeling anxious or tense

Feeling in low mood

Feeling of not wanting to do anything

Feeling of low esteem



You may also have :

Temper outbursts



Drink or smoke too much



Withdraw from usual activities

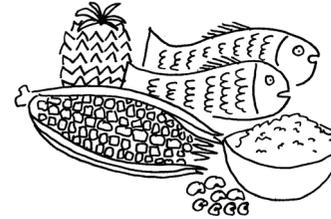
Become unreasonable

Be forgetful or clumsy



Become very busy and not rest or sit down

How can I help myself to cope with stress?



Eat a balanced diet.
Eat slowly and sit down.



Have some time for yourself each day.
Try new ways to relax such as aromatherapy , reflexology or yoga.